



COMICARE
of Sedgwick County 2001

COMCARE

of Sedgwick County

Annual Report



a community
nation in crisis

table of contents

Response

a result; *"this situation developed in response to the events in New York"*...a statement that is made in reply to a question or request

Recovery

a return to an original state; *"the recovery of America after the attacks on 9-11-01 will be a long process"*... a gradual healing after sickness or injury

Resilience

the show of strength, springing back, or rebounding; *"the city of New York will return to its original shape"*...irrepressible liveliness and good spirit

Readiness

the state of being ready or prepared for use or action; *"America is ready and prepared to respond due to the events of 9-11-01"*...prompt in apprehending

Remember

to have come into mind again, as previously known, or felt; *"we will always remember the events of 9-11-01"*...to be continually aware or thoughtful of

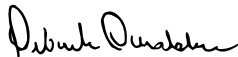
2001

Executive Director's Report

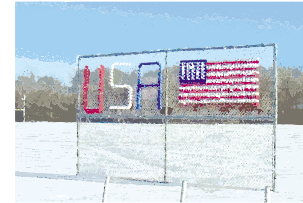
This year started out with many collaborations and partnerships being developed. Providing mental health services in the schools was a major focus and was implemented in the Fall. The Community Development Disability Organization (CDDO) took the lead in exploring service options and best practices for individuals who were dealing with a developmental disability and mental illness. Mental health services and the corrections population was explored and several initiatives were started. Mental Health Courts were studied and some training was done. A mental health screening program was started at the Juvenile Detention Facility. A grant was approved to hire a qualified mental health professional and a case manager to work with individuals in the jail who have a co-occurring disorder (mental illness and substance abuse).

These initiatives and other planning for the future changed with the tragedy of September 11. Staff priorities and time focused on dealing with immediate concerns. Staff were at the airport working with stranded and scared passengers and handling crisis calls. Requests for services increased. Educational presentations were prepared for the community and for special populations such as the elderly. Staff went to Washington DC and New York City to help and to learn what would be most helpful in our community.

The future has changed and concerns about funding for vital services at times seems uncertain. This is a new reality that has occurred and while our world has changed the commitment to serve those most in need has not. I believe solutions will be found to resolve the issues and we will have learned again what is most important to us.



Deborah J. Donaldson, LCP, MBA
Executive Director





More
thinking
and better
planning
are the
first steps

CI | Centralized Intake
934 N Water - Wichita, KS 67203
316-832-0852

CIS | Crisis Intervention Services
934 N Water - Wichita, KS 67203
316-263-3770 - 24 hours/7 days a week

CI Centralized Intake

Community responders and citizens know that support services for issues related to any crisis or traumatic event are available on a continuous basis.

Centralized Intake has a major role in “response” as it provides the gateway into COMCARE services. Phone lines are provided for community members to call and discuss services available as well as what options may provide the best care. An average of 1400 calls were taken in 2001 and many residents of Sedgwick County take comfort in knowing that they can call and discuss their concerns with a counselor and get helpful suggestions on possible next steps.



CIS Crisis Intervention Services

Studies have shown that the lasting effects of deliberate violence, such as acts of terrorism, have longer lasting psychological impact than natural disasters or accidents. It is also well known that the sooner individuals exposed to traumatic events receive mental health intervention services, the better the prospect they will cope more effectively and avoid post traumatic stress impairments. With this in mind, Crisis Intervention Services stands prepared to provide timely and effective services.

Response time is a critical part of effective interventions. Crisis Intervention Services provides crisis intervention, suicide prevention and mental health emergency services 24 hours per day, 7 days per week to residents of Sedgwick County. In 2001, CIS processed 52,241 calls through the crisis lines, offering a full array of intervention services that met the needs of individuals at all levels.

Additionally, CIS has a Stress Trauma Assistance Team (STAT) prepared to provide critical incident stress management. The STAT team along with the American Red Cross was at Mid-Continent Airport within two hours following the attacks on America in September of 2001. STAT maintained a presence at the airport for three days until all 1500 stranded passengers had received needed services and were once again on their way to their intended destinations.

Part of the intervention process is helping people to remember how they were able to cope with previous hardships and losses in their lives and the strengths they used during those times. CIS staff offered a series of presentations on terrorism and other disasters to groups of senior citizens following the September 11th tragedy. CIS also participated in the Ready to Respond presentations providing Sedgwick County residents emergency preparedness tips for home and work.



Our
healing
will take time,
but no matter what,
we will **survive**

ATS | **Addiction Treatment Services**
940 N Waco - Wichita, KS 67203
316-383-8015

CSS | **Community Support Services**
1929 W 21st - Wichita, KS 67203
316-838-3234

CC | **Homeless Program, Center City**
154 N Topeka - Wichita, KS 67202
316-264-1770

Addiction Treatment Services

On December 7, 2001 an Associated Press release stated that a completed survey in 41 states indicated that substance abuse is on the rise in many parts of the country since September 11, 2001. Those who were vulnerable prior to September 11th, have become even more so and several states have reported relapses as result of the attacks. Nationwide, admissions to treatment facilities increased 10-12% since 09-11-01.

Addiction Treatment Services is a state licensed addiction treatment program focused on responding to community needs. ATS offers a variety of specialized programs to assist consumers by promoting recovery through education, prevention and treatment, thereby improving their overall quality of life. All programs focus on chemical abstinence and behavior changes. ATS offers alternatives when substance abuse is disrupting a normal lifestyle. COMCARE's Addiction Treatment Services, Primary Treatment Program is a traditional educational and therapy program designed for clients with substance abuse issues. The Co-occurring Program helps clients deal with their mental illness and substance abuse disorders. The Women's Tract deals specifically with women's issues as they relate to substance abuse. The ATS Adolescent Program offers substance abuse treatment to youth between the ages of 10-18 and their families. Psychiatric services and medication management are also available when appropriate. Addiction Treatment Services is committed to bridging the gap between substance abuse and a healthy community serving over 950 clients in 2001.

Homeless Program, Center City

While COMCARE's Homeless Program offers an array of mental health services, one unique aspect of the Homeless Program is the team of case managers whose full time responsibility is to seek out homeless people who need mental health services but who are not receiving needed services. The Outreach Team goes out to the streets, to emergency shelters, and to places not considered adequate shelter such as parks, cars, or abandoned buildings to reach people who have a serious mental illness and have no place to call home. The Outreach Team makes approximately 1,000 unduplicated outreach contacts each year. About one-third of the people who are homeless have a serious mental illness making them eligible for Homeless Program services that includes psychiatric services with medication management, individual and group psychotherapy, and intensive case management services. Because of the Outreach Team, the Homeless Program is in an excellent position to respond to the local impact caused by the national tragedy on September 11, 2001. By engaging homeless people into needed mental health services, COMCARE's Homeless Program helps instill hope and encourage recovery with a focus on symptom stability, as well as, assistance with housing placement, and employment support.

A Community and Nation in Crisis

Community Support Services

Community Support Services helps adults with severe and persistent mental illness recover meaningful lives and gain a sense of greater control over their own lives. Subsequent to the September 11, 2001 tragedy, the STAT team was summoned to assist in debriefing consumers who were struggling with the terrorist attack. Clinicians, case managers, group leaders and supported education and employment staff increased outreach (i.e. phone calls and home visits to consumers) who may have started isolating themselves as a result of the attack. Individual counseling and ongoing groups in the CSS Clinic address the impact of the events on the consumer population. Case managers increased outreach and activities with consumers to help them move past the sensationalism of the events. Efforts were made to get back to the "routine schedules" in order to restore a sense of normalcy and reduce secondary trauma. CSS Employment Specialists have helped consumers who lost their jobs (following the 9/11 crisis) find other work or training. As a result to September 11, 2001, CSS staff have increased sensitivity and awareness of how world events impact the lives of the persons we serve. During 2001, CSS provided services to 1248 consumers.





The
strength
of this nation
is its greatest
attribute

OPS | Outpatient Services
1919 N Amidon - Wichita, KS 67203
316-832-0318

CDDO | Community Developmental
Disability Organization
635 N Main - Wichita, KS 67203
316-383-8251

OPS Outpatient Services

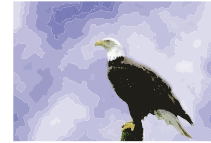
The world changed on September 11, 2001, creating a level of stress never before experienced in America.

The terrorist attacks produced a wide range of responses in Americans due to the lack of warning and the unexpected nature of these disasters and also the lack of understanding of why someone would cause deliberate and planned destruction and loss of human life. Common experiences included changes in physical and emotional health, as well as changes in thought and behavior. For some adults, the reactions became too intense to handle alone, resulting in an increased need for outpatient mental health services.

Outpatient Services has been committed to responding to community needs through education and therapeutic services. Our goal is to help others recover from emotional illness through the identification of each individual's strengths and resilience.

Challenged by the County Manager and Board of County Commissioners, the Outpatient Clinical staff developed a presentation for *Managing Stress in Uncertain Times*. Information from this presentation has been used extensively in Ready to Respond presentations offered by Sedgwick County to local groups, communities and agencies. Through this endeavor, our Outpatient Clinical staff have been able to speak of recovery and resilience with a large number of people who would not otherwise seek mental health services.

Before September 11, 2001 Outpatient Services had an average of 600 clients receiving therapy at any given time, yet three months later that number exceeded to 725. This number is reflective of Outpatient Services ability to respond in times of need while providing an environment and attitude of hope, caring and a belief in the resilience of our community.



A Community and Nation in Crisis

CDDO Community Developmental Disability Organization

Everyone knows there are certain procedures they are to follow in times of danger or disaster:

- If you are on an upper floor of a building, use the stairs to evacuate rather than the elevator.
- In the event of fire, get low to the ground and crawl to safety.
- Take the most direct route to put distance between you and the emergency.

Unfortunately many of these helpful tips are of no help whatsoever to many people with disabilities. The September 11th disaster was a heartbreaking reminder that people with disabilities are commonly the most likely to not survive a serious event because there may be no good process for evacuating them. When elevators are not available and stairwells are packed full of people trying to get out as quickly as possible, people with disabilities may be able to do nothing more than wait and hope for help.

The Community Developmental Disability Organization plays an ongoing role in helping people with developmental disabilities lead a life in the community that is comparable to what they would expect if they had no disability. Overseeing the local service network for a broad range of qualifying disabilities requires that the CDDO ensure that people with special needs have access to many types of support services. Whether an individual requires personal assistance in the home, job coaching, or modifications to a residence or vehicle, the CDDO strives to meet the needs of all qualifying individuals who require some level of assistance to pursue their personal goals.



We are better
prepared to
handle the **challenges**
of today
and **tomorrow**

MNS | Medical and Nursing Services
316-832-0852

FCCS | Family and Children
Community Services
7701 E Kellogg, Suite 300 - Wichita, KS 67207
316-660-9600

Medical and Nursing Services

Medical and Nursing Services is a team of psychiatrists, nurse practitioners, registered nurses and licensed mental health technicians that are part of multi-disciplinary teams at all clinical sites of COMCARE. The MNS team provides outpatient psychiatric evaluations, medication management, patient and family education, home visits, referrals to therapists and hospitals and 24-hour emergency coverage.

The Medical and Nursing Services team is always aware that national and international events may affect our clients and September 11, 2001 only reinforced the need for readiness by our teams. Since we provide 24-hour emergency coverage, the essence of what we do is constant regardless of events in our country or in our own community.



Family and Children Community Services

Children are resilient, but we as adults need to remember that their world has been shaken by these tragic events, not just ours.

Following September 11, 2001, staff at Family and Children Community Services worked with families to help them identify the stressors, and manifestations of stressors, that children and youth exhibited as a response to events and challenges that took place in their lives. Children presented with acting-out behaviors, became clingy, and acted/behaved younger than their age. To address this, parents needed to take time with their children, accept their behavior as normal based upon their feelings of insecurity, and most importantly, talk with their children about how the child was feeling.

In 2001, Family and Children Community Services achieved readiness through the development of new programs that focused on prevention and timely intervention. The 275 Project works to keep children and youth out of SRS custody. By utilizing a preventative approach, the staff of the 275 Project utilized methods to wrap services around children and their families and help the child and family stabilize without the need for out of home services. Less than 3% of the youth referred to the 275 Project have entered into SRS custody. Likewise, the Co-Location Initiative, a school-based mental health program for students in USD 259, allows youth and their families to get the help they need from community mental health services in the school setting. The Co-Location Initiative improves mental health by dealing with emotional and behavioral roadblocks that sometimes keep young people from learning. School/Mental Health programming is also provided by the Wrap Around Wichita Project and the Tri City Day School Initiatives.

The goal of Family and Children Community Services is to work with youth who have serious emotional disturbances (SED), so that these youth may continue to live at home and remain involved within their communities. FCCS services include medication management, individual and group therapy and case management services. In 2001 FCCS served over 800 youth in Sedgwick County.



remember

We were here for
you then,

We are here for
you now

COMCARE
of Sedgwick County





09-11-2001

2001 COMCARE Actual Expenditures
2001 CDDO Actual Expenditures

Personnel \$11,279,625
Contract/Operating Cost \$13,944,284 Total \$25,223,909

Personnel \$476,498
Contract/Operating Cost \$5,481,776 Total \$5,958,274

Sedgwick County Commissioners

Carolyn McGinn, Ben Sciortino, Tom Winters,
Betsy Gwin, Tim Norton

2001 COMCARE
Mental Health Advisory Board

Douglas Winkley, JoAnne Dickson, Carl Galler, Cathi Greer,
Harriet Griffith, Neil Guthrie, Alfred James III, Edward Keeley,
Jackie Klein, Rep. Brenda Landwehr, Rep. Carlos Mayans, Treva
Lichti, Sherri Luthe, Billie Lively, Bill Rush, Jr., Lucy Shifton

2001 CDDO Advisory Board

Bernard Alberts, Andy Schlapp, Dawn Allenbach, Cathy Feemster,
Kevin Clark, James Dinkel, Greg Sullivan, Sara Devries, Geraldine
Flahary, EG Larkin, Dave Jones, Kenneth Dunlap, Linwood Sexton

Administrative Management Team

Deborah Donaldson, Marilyn Cook, Tim Kaufman, Jorge Beber,
Judy Addison, Jon Burghart, Wayne Burns, Chris Collins-Thoman,
Karen McNally, Colin McKenney